

PATH TO WELLNESS

Helping you take the first step on your journey to self-love and appreciation



TELUS : MENTAL HEALTH PROBLEM STATEMENT

PROBLEM

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In the 2018 APA survey, teens reported **worse mental health** and higher levels of anxiety and depression than all other age groups.

One-third of the students in a recent survey conducted in Ontario were found to have moderate to severe symptoms of psychological distress – an alarming leap from two years earlier, when only one-quarter of students met the same threshold.



SOLUTION

PITCH DECK V 1.0

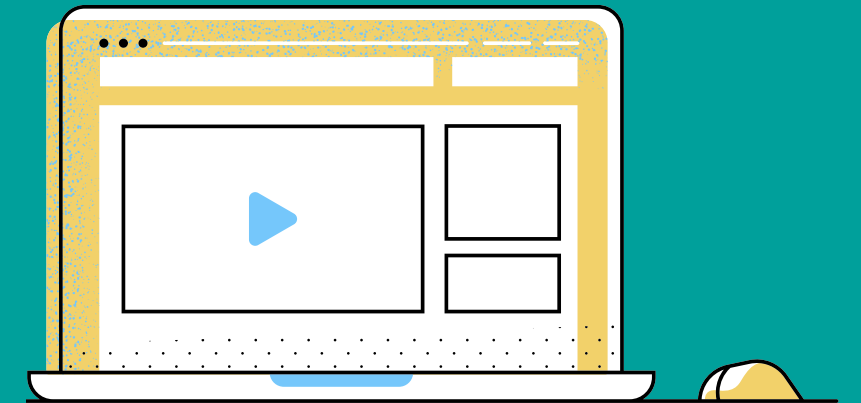
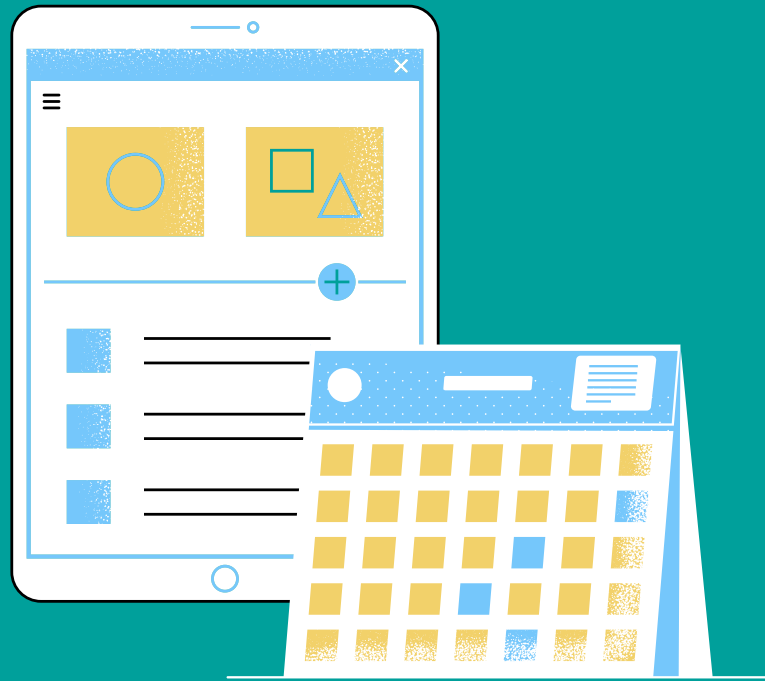
Calm, Collected, Challenge

Every teenager faces a different challenge - from stress to anxiety to depression - and every challenge has its own unique solution.

Our mobile application provides a set of challenges for various mental health problems. Users who are unsure of where to start can also take our surveys to tailor their journey.

Finished your daily challenge? Take a break and play some of the fun and relaxing games we have!





Complete challenges on
your own pace

Earn rewards (i.e.
accessories) as you go !

Personalize your avatar with
the accesories you earn!

PROTOTYPE

